

## **Samarpan House**

Hauptstrasse 54

Voigtsdorf **Germany**,

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# World Peace

In the life of a common man, the body takes priority. The common man lives a life that is dominated by the body. Samarpan meditation is a technique of meditation that teaches even the most common man to live a life that is dominated by the soul. This is possible through Samarpan meditation because millions of holy souls all over the world have accepted this technique, and accepting this technique brings us into this huge collectivity of souls. Since the soul is considered supreme in this technique of meditation, without any physical hardship, the dominance of the body reduces. Just as you would reduce the length of a line without cutting it, simple by drawing a much longer line next to it, in the same way, the longer the line of your spirituality the smaller the line of your body will become. And the smaller the line of the body becomes the smaller all the body related problems will become because all the problems of life are related to the body. In this manner, the life of a sadhak (practitioner of meditation) will become happy.

All our life, we try to get to know and understand other people but we never try to get to know ourselves. This technique of meditation teaches one to get to know oneself. This technique of meditation teaches the common man to turn inwards because it is based on the principle that world peace can never be achieved through holy books or through powerful instruments but can only be brought about by initiating inner peace in the soul of every individual. And in order to achieve inner peace of the soul, we will have to understand that we are a soul. This understanding can be acquired in the following ways:

1. Understanding that I have taken birth in several different languages but I am still a pure soul.
2. Understanding that I have taken birth in several different castes but I am still a pure soul.
3. Understanding that I have taken birth in several different religions but I am still a pure soul.

4. Understanding that I have taken birth in several different countries but I am still a pure soul.
5.
  - 5.1. Understanding that I have taken birth in all genders but I am still a pure soul.
  - 5.2. Understanding that I have not been affected by any language, caste, religion, country, gender or any other kind of differences. I was pure yesterday, I am pure today and I will remain pure tomorrow.
  - 5.3. Understanding that I have not been negatively affected by place, time or circumstances. I (the soul) stay away from all of these things and advice the body on what it should do and what it shouldn't do because "I am a pure soul".
  - 5.4. Purity is soul, and soul is purity.
6. I have only one language, the language of love.
7. I have only one religion, the religion of humanity.
8. The whole world is my home.
9. All of humanity is my family.
10. Neither am I male nor am I female.
11. Neither have I ever been born nor can I ever die.
12. Neither can I be unhappy nor can I be happy because I am above happiness and sorrow because "I am a pure soul".

This sense of the soul/spirituality is created by regular practice of this technique of meditation. By accepting this technique of meditation, a practitioner can try to bring peace to the world by bringing peace to his/her own soul.

Lots and lots of blessings to all of you,

Yours,  
Baba Swami